

2012 DRAFT Physical Education **LTP** overview

	Term 1	Terms 2	Term 3	Term 4
Focus	<b>Aquatics / Co operation &amp; Trust</b>	<b>Movement / Playing in Context</b>		<b>Run, Jump, Throw</b>
Key Competencies	Managing Self Relating to others	Using language and symbols Participating and contributing Thinking		Managing Self Participating and contributing Relating to others
<b>Level 1 Years 0 - 2</b>	Aquatics  PMP/FMS - Co operative Games to develop Body Management (Balance, line walk, landing)	Movement Education PMP/FMS - Body Management & locomotor (balance, beam walk, hop, skip, gallop)  FMS Object Control (catch / kick)		PMP/ FMS - Locomotor (sprint, jump for distance, jump for height)  FMS Object Control - (throw, strike)
<b>Level 2 Years 3 - 4</b>	Aquatics  FMS - Co operative Games to develop Body Management (balance, line & beam walk, landing)	Movement Education FMS - Body Management & Locomotor (balance, rotation, dodge) Going the distance FMS Object Control (Catch, kick, hand & foot dribble)		Run, Jump, Throw (sprint, leap, jump for distance, jump for height)  FMS Object Control - (throw, strike)
<b>Level 3 Years 5 - 6</b>	Aquatics  EOTC (ABL) Net/Wall	Movement Education  Going the Distance  TGFU - Invasion Games / Target		Run, Jump, Throw  TGFU - Striking & Fielding
<b>Level 4 Years 7 - 8</b>	Aquatics  EOTC (ABL) Net/Wall	Movement Education  Going the Distance  TGFU - Invasion Games / Target		Run, Jump, Throw  TGFU - Striking & Fielding
<b>School Events</b>	House Group Games Camp Swimming Sports SCPSSA - Triathlon / Swimming / Summer Tournament	Jump Jam Cross Country SCPSSA - Cross Country	Ski / Skate Trip SCPSSA - Gymnastics / Winter Tournament	Athletic Sports SCPSSA - Mountain biking / Skateboarding / Athletic Sports
<b>Resources</b>	Tennis Coaching	Rugby RDO	Hockey RDO	Cricket RDO

## **Definition of Terms**

**Co-operative Games / Adventure Based Learning (ABL)** : Challenging teamwork activities developing co operation and team bonding, encouraging children to push the boundaries and explore trust

**TGFU - Teaching Games for Understanding** (TGFU themes & associated questioning are based on the purpose of the game, not the specific skills involved):

★ **Striking and Fielding games** - Score more runs or points than the opposition within innings or time allowed (links to sports such as teeball/ softball, cricket)

★ **Invasion Games** - Move with an object, defending and attacking towards a goal (links to sports such as miniball, hockey, netball, rugby, soccer, touch)

★ **Net / Wall Games** - Sending the ball / object to where the opponent isn't, so that it can't be returned within the boundaries of the court (links to sports such as tennis, volleyball, badminton, padel tennis, table tennis)

★ **Target Games** - Placing object on or near target to get the best possible score (links to sports such as darts, bowls, archery, golf, petanque)

**Movement Education - (modified gymnastics)** - Learning developmental body management and performing movements in sequence. Including activities to develop rotation (turning, pivoting, rolling), swing (equipment and body), flight (jumping and landing), locomotion (spatial awareness, moving body in different ways), balance (static and dynamic). Context can also include Jump Jam and dance.

**Run, Jump Throw - (modified athletics)** - teaching of fundamental skills to develop higher, faster, stronger

**Going the distance** - understanding personal motivation and goal setting around sustained activity (fitness)